

Honoring Our Parents

The History of Mom and Pop Days

Mother's Day

The first suggestion for a Mother's Day in America was made by the famous *Battle Hymn of the Republic* author, Julia Ward Howe. However, no one took her suggestion seriously.

But Anna Jarvis is considered the real founder of Mother's Day in America. She was born in 1864 and lived in Grafton, West Virginia. The Civil War had ended when she was only one year old, yet there was still much dissension among families in West Virginia. Jarvis heard her mother say many times that she hoped "sometime, somewhere, someone will found a Mother's Day." She was convinced that if the family honoured their mother on a special day, the fighting and hatred would end.

When Jarvis's mother died, Anna made a promise to herself that she would be the someone to make her mother's wish come true. At her request the minister in Grafton, West Virginia, held a Mother's Day service on May 12, 1907, and this service is remembered as the first Mother's Day celebration in the United States.

Anna continued to write letters in support of a national Mother's Day on the second Sunday of May, and by 1909, almost every state was celebrating this special day. On May 9, 1914, President Woodrow Wilson signed a proclamation declaring the second Sunday in May as Mother's Day in every state.

Anna continued to write letters and give speeches, and she organized the International Mother's Day Association. Before she died in 1948, her idea had spread around the world, and more than 40 countries were observing Mother's Day.

A mother does not have to be the woman who gave birth to you.



There are many women who are still considered a mother to someone even though they did not give birth to them. They too should be honoured on Mother's Day.

Sending flowers, cards, or gifts to those who have mothered us throughout our growing years is a very special way of saying thank you.

Father's Day

Mother's Day came first, but Father's Day wasn't too far behind.

Father's Day was the brainchild of Sonora Louise Smart Dodd of Spokane, Washington. Dodd was the oldest of six children raised by their father, William Jackson Smart, when their mother died during childbirth.

Dodd honored and revered her father, and while listening to a Mother's Day sermon in 1909, she determined there

should also be a day to honor fathers. She gained local support and made her dream a reality, one year later within her own city of Spokane.

Dodd chose June 19th, as the day to celebrate Father's Day because that was her father's birthday. With support from the Spokane Ministerial Association and the YMCA, the

first Father's Day was celebrated in Spokane on June 19, 1910.

She died March 22, 1978, several years after Father's Day became a permanent national observance.

When did the United States begin celebrating Father's Day?

- 1910 Spokane, Washington celebrates Father's Day.
- 1924 President Calvin Coolidge proclaimed the third Sunday in June as Father's Day.
- 1926 The formation of National Father's Day Committee in New York City.
- 1956 Father's Day was recognized by Joint Resolution of Congress.
- 1966 President Lyndon B. Johnson signed a presidential proclamation declaring that the third Sunday of June as Father's Day.
- 1972 President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday in June.

For Kids: See Mother's and Father's Day activities on the following page.



2001-2002

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Mailstop: 40031
(360) 586-2273
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Promotional and Career Opportunities

Debbie Robinson
Washington State Lottery
robinstd@lottery.wa.gov

Historian

Carol Maher
General Administration
cmaher@ga.wa.gov

Child Care Task Force

Chrystal Andoh
Department of Revenue
chrystala@dor.wa.gov

Make-at-Home Gift Ideas For Mom and Dad

Everyone celebrates Mother's and Father's Day differently, but if you're looking for something fun to do, consider some of these ideas.

Gifts:

Hand shaped flowers

Have each child trace their hand onto a piece of paper. Then have the child cut it out. Get a picture of the child to place in the middle with glue. Have the child paint a popsicle stick green. When the stick is dry, glue or tape the hand shape on the stick to make hand shaped flowers.

Variation:

Supply each child with a cup to decorate. Place a little bit of Playdoh in the bottom of the cup and stick the flower in the cup.

Hand Prints

Paint the child's hands or feet with a paint brush and tempera (or non toxic) paint. Press onto a piece of paper. Write the child's favorite poem or saying at the bottom.

Necklace for Mom

Children can bead a necklace for mom with real beads and fishing line.

Make a card

Use any of the following items to create an original masterpiece to rival those created by professional card makers:

- Glitter, Crayons, Pens
- Colored Pencils, Markers, Paint
- Lace, String, Yarn, Ribbon
- Paper Doilies, Tissue Paper
- Torn Paper, Heart Shaped Paper
- The Holes from a hole Punch
- Stickers, Colored Sand, Twine
- Old Puzzle Pieces
- Buttons, Colored Glue
- Colored Tape, Chalk
- Wrapping Paper, Stamps
- Aluminum Foil
- Heart-Shaped Confetti



Once you have your materials ready, you can try some of these ideas:

Make the Card Heart Shaped

Cut the Edges with special scissors that have a funny shape.

Have pre-written poems for the children to glue on their Card. Let the children choose the poem they like the best.

Use A Paper Doily

Let the children write a poem, a special message, or have the child tell you what to write.

Flowers

Use small clay pots. Have the children decorate them with non-toxic paint. When dry, add dirt and flowers.

The Ultimate Paperweight

Supply each child with some modeling clay. Let them shape it however they wish. They can add marbles, buttons, glitter, sand, pebbles or string. After it dries it's a paperweight.

Magazine Collage

Have the children cut out pictures of families in magazines or print them off the Internet. Have the children name the people in the picture, and label them.

A Real Family Tree

Have the children make a family tree with branches and glue. Let the children pick the branch to write the names of their family members.

More Ideas Just For Dad

(but they'll make mom smile too)

Everyone celebrates Father's Day a bit differently, but if you are looking for something on the fun side, then here are some things you might consider.

- Say "yes" to flowers. How many ties does one dad need?! If you know your dad likes a special flower, then a bunch would be a nice gesture. If you are unsure what type of flower he enjoys, the elegance of a single rose will let him know you care.

- Give mom the day off as well and invite them both over for a good home cooked meal. But remember today is not the day to test out that new recipe. Play it safe and stick to dad's favorite.

- If you're not the home cooking type, then nothing's better than being treated to a tasty meal at a nice restaurant surrounded by the ones you love. It doesn't have to be anywhere fancy. Depending on your dad, it could be the neighborhood diner or even the local pizza parlor.

- Does your dad have a sweet tooth? A plate of those homemade cookies or his favorite pie tastes even better when he knows it comes from your heart.



Health & Wellness Corner

Symptoms and Treatments for Menopause

If you are like most of today's women, you will live a *third* of your life after menopause. Menopause is the point in a woman's life when her period stops for good. This means she can no longer get pregnant. Menopause does not happen all at once. It can be a slow process where a woman has symptoms before her period stops, called perimenopause.

Learning about the physical and emotional changes with menopause is a good first step in having a positive body image. Hot flashes, while giving you really low heating bills, can be uncomfortable and embarrassing. Other symptoms include sleep problems, anxiety, depression, vaginal dryness (which can cause painful sex), having to urinate a lot, memory loss, weight gain, thinning hair, and changes in sex drive.

Not every woman gets all these symptoms and each woman's experience is different. But when a woman starts to have any of these symptoms, it can be a surprise to her and can change how she sees herself. Simple changes in diet and exercise can help to ease the symptoms, along with hormone replacement therapy (HRT).

What are the body changes involved in menopause?

Many women wonder and worry about what will happen when they reach menopause, but in fact it can be a liberating experience! We know that menopause marks the end of the time in life when you can become pregnant, but it can also represent a new beginning - a time to focus on yourself and your needs. The first step is to learn all you can about the physical and emotional changes that may be ahead for you. The transformation into the beauty of mid life usually doesn't happen all at once. In perimenopause, or the transition period to menopause, the production of the female hormones estrogen and progesterone begin

to fluctuate, causing a variety of symptoms, including hot flashes and mood swings. During this time, a woman may or may not have a

period. These changes can begin as early as age 35 or as late as 59. In younger women who are having menopausal symptoms, and in women who have had a hysterectomy but still have one or both of their ovaries, a blood test called an FSH level, or follicle stimulating hormone level may be useful to confirm menopause. If you have your ovaries removed or undergo some cancer treatments, you may experience rapid onset of menopause, and may need special management of your symptoms. Menopause starts when the estrogen production falls permanently to very low levels and menstrual periods stop for good.

What are the symptoms of menopause?

While many women have little or no trouble with menopause, others have moderate to severe discomfort. Some women may experience troublesome symptoms during perimenopause and menopause. Hot flashes, caused by fluctuating hormones, have become the hallmark symptom of menopause. Hot flashes are a sudden flush or warmth, often followed by sweating. This is caused by hormonal changes and their effect on your body's natural regulation of its temperature. It is good to try



to have a sense of humor as you constantly feel the need to shed clothing to cool off, but in fact hot flashes can cause serious discomfort and sleepless nights for some women.

Other classic symptoms of menopause that you might experience:

- Sleep problems;
- Depression and mood swings;
- Vaginal problems, including vaginal dryness and irritation that can cause pain during intercourse and gynecological exams, as well as frequent vaginal infections;
- Urinary problems, including burning or pain when urinating, or stress incontinence, the weakening of tissues in the urinary tract which causes urine to leak when sneezing, coughing, or laughing;
- Memory loss;
- Changes in sex drive and sexual response;
- Weight gain;
- Hair loss; or
- "Spotting" and abnormal bleeding (usually normal, but should be reported to your doctor).

Some women find that they gain weight or that their hair thins after menopause. Some symptoms, such as memory problems or feeling sad could have causes that are unrelated to menopause. If you are having these symptoms, it is important to discuss them with your health care provider. And although changes in bleeding are normal as you near menopause, abnormal bleeding should also be reported to your health care provider, since this could be a sign of other problems. A lack of estrogen during menopause also causes the bones to lose calcium and become weaker, putting women at risk for severe bone loss or osteoporosis. (Before

menopause, you need about 1,000 mg of calcium per day. After menopause, you need 1,500 per day.) A lack of estrogen also causes an increased risk of developing heart disease.

What is hormone replacement therapy (HRT)?

HRT refers to the use of prescription drugs to "replace" the hormones that the ovaries quit making at the time of menopause. In the past, to relieve the symptoms of menopause, health care providers prescribed estrogen replacement therapy (ERT). The most common brand name of ERT is Premarin. It was discovered, however, that taking ERT alone raised the risk of cancer in the lining of the uterus (endometrial cancer). Research showed that adding progestin, the artificial form of the hormone progesterone, prevented the overgrowth of cells in the uterus (called hyperplasia) which dramatically reduces the risk of endometrial cancer. Women who do not have a uterus can take ERT alone. ERT usually is taken by pill or skin patch. Hormone replacement therapy (HRT) refers to a combination of hormones used to treat menopausal symptoms, usually estrogen with progestin. Progestin/Estrogen Replacement Therapy is sometimes abbreviated as "PERT." HRT is most always taken by pill.

In general, HRT is a safe and effective way of managing menopausal symptoms and preventing osteoporosis.

Source: The Office on Women's Health – US Department of Health and Human Services

Wage Gap Explored

By Debbie Robinson
Promotional and Career Opportunities Chair

Women made good progress toward closing the employment and earnings gap during the 20th century. In 1950, 33.9 percent (about one in three) women were a part of the labor force, and by 1998, 59.8 percent, or nearly three of every five women, were a part of the labor force.

Several events combined to form the environment necessary for increasing the importance of women in the work force, including political, social, demographic and economic changes.

The passage of the 19th amendment to the Constitution of the United States in 1920, which granted women the right to vote, was instrumental in laying the foundation for these changes. Legislation in the early 1960s outlawed employment-based discrimination against women and minorities and began to open up job opportunities.

Title VII of the Civil Rights Act of 1964 protects workers from discrimination in employment, and the Equal Pay Act of 1963 provided equal pay for equal work without regard to sex. Since the passage of this Act, while women's earnings have increased relative to men's, in 1998, full-time working women as a group still found themselves making only about 76 percent of what men earned. These figures underscore the fact that there are still challenges to be met.

Thanks to Title IX of the Education Amendments of 1972, which prohibits sex discrimination in public education, the door was opened to equal opportunity for women to educate themselves for a wider variety of occupational specialties, such as professional and technical jobs. Women with college degrees have increased their earnings almost 22 percent over the past two decades, but women without a post-secondary education have seen little or no advancement.

In the coming years, professional and technical jobs are projected to increase the fastest and add the most employment opportunity. Two-thirds of the projected job growth is expected to be in the education, computer technol-



ogy, and health care fields. Occupations such as computer scientists and analysts have become increasingly important in the information technology revolution, but women's employment in this field has actually fallen behind in recent years. There is a similar problem in the field of engineering, where women made up only about 10.6 percent of all engineers in 1999. Engineering and other occupations in the

physical sciences and mathematics are slow to attract women – and that is a national concern.

The need to encourage women and girls to explore educational opportunities and non-traditional careers, such as those in information technology, engineering, math and science, continues. Women and men should continue seeking equal wages, as well as increasing our efforts toward work places that allow all workers to meet their work and family obligations. Women make up nearly half of the work force, and by adjusting to meet the needs of all workers, employers will be better able to ensure the success of their business ventures.

Now is the Time to GET Your Finances Ready for College

Do you have big dreams of your children or grandchildren attending college? If so, now is the time to start planning for how you will help pay for a college education.

The cost of a college education is increasing. In Washington, our college tuition prices increased approximately 7 percent last fall, and they are expected to increase even more in September 2002.

To help families in Washington, the Guaranteed Education Tuition (GET) program began operation in 1998. GET allows families to pre-purchase college tuition units today for use in the future.

You purchase GET units in a lump sum – up to five years of tuition per student – or families may pay for units over an extended period (and may use payroll deduction to make monthly payments, if desired). Either way, the unit cost is set at the time of purchase. The current unit price is \$42. And, unlike most savings investments, GET accounts grow tax-free when the student uses the funds for eligible expenses.

The units may be used at any accredited college, university, technical or trade school in the country. This flexibility means a student can choose the school that's best for him/her and take the value of the funds to that school.

GET offers additional flexibility because the funds are transferable from one student beneficiary to another within the family. This means that if an older student does not use all of the funds, they can be applied to a younger relative. And if the student receives a scholarship or decides not to attend college, the funds can be refunded.

Enrolling in GET is easy. You may request enrollment forms by calling 1-877-GET-TUIT (1-877-438-8848) or by visiting the Web site: www.get.wa.gov. You may also contact Betty Lochner, GET Director. She can be reached at bettyl@hecb.wa.gov or 360-753-7871.

The deadline for enrollment at this year's unit price is May 31, 2002.

ICSEW Education Committee Enjoys Successful Year

By Connie Clark
Education Chair

The ICSEW Education Committee has had many successes this year.

Thank you to everyone who participated in the "Recycle your Cell Phone" drive. We collected and shipped 478 personal cell phones to Verizon Wireless for refurbishing and redistribution to be used for calling 911. The benefits of this project will go directly to the statewide Domestic Violence Coalition. Verizon has been a great partner in the project.

There were two days of successful self-defense training offered this year. Training was held in Sea-Tac in January and Lacey in March with more than 100 people participating in the three-hour sessions. Because of the strong feedback the Education Committee received, ICSEW is working with the Department of Personnel (DOP) and the YMCA to offer more self-defense training in the fall.

Thanks go out to the ICSEW membership for their support!

The Education Committee has already begun planning Domestic Violence workshops and a clothing drive for next year.

When love is gone, there's always justice.
And when justice is gone, there's always force.
And when force is gone, there's always Mom.
Hi, Mom!
Laurie Anderson

InterACT is published by the Communications Committee of the Interagency Committee of State Employed Women (ICSEW).

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Laura Leland, InterACT Editor
Department of Retirement Systems
P.O. Box 48380
Olympia WA 98504-8380
Phone: (360) 664-7160
Email: laural@drs.wa.gov



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